



THE MARYLAND WING SAFETY MONTHLY



MARCH 2026



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CADET CORNER—ENDING WELL

Just like a successful flight needs to end with a successful landing, every cadet activity not only needs to be planned for carefully and started well, it needs to finish well. Safety practices is the tool that will ensure a safe operation from beginning to end. That start is the implementation of the



RM cycle that you are familiar with. But the end point has to be planned for as much as the beginning. What identifies the completion of the mission? What do we do with the tools and equipment used to perform the mission? Is there cleanup required? And do not forget about a debrief. Lessons learned are in themselves valuable safety tools that will help with future endeavors.



THE PILOT'S CORNER - COUGHING

When people cough, it can indicate anything from a need to clear their throat to an oncoming illness. When an airplane engine coughs, it can be much more serious. The cough actually represents a temporary loss of power. Aside

from carburetor icing—which is usually a temporary and easily remedied phenomenon, you could be experiencing ignition problems, fuel contamination, or the beginnings of pilot-induced fuel starvation. If it is fuel exhaustion, things get really interesting.

If you experience engine cough, I recommend proceeding to the nearest suitable airport and landing.



Important notice to all Unit Commanders and Safety Officers: as of this posting, we only have thirty (30) days remaining to comply with CAPR

5.2.1.4, our Annual Safety RM Day.

To assist you, I have prepared a briefing and posted it to our safety library if you wish to use it. The 2026 version reflects the current CAP safety emphasis items.

Thank you for serving safety and Civil Air Patrol.

IMPORTANT NOTE: never troubleshoot and airplane when it is acting like an airplane.



Safety *always* demands that we make the most conservative decision. When an airplane engine coughs, you will need more than a handkerchief. Better to land when you do not need to, than not land when it is was necessary.



FIRE EXTINGUISHERS—A REMINDER



KNOW HOW TO USE A FIRE EXTINGUISHER
FOLLOW THE ***P*A*S*S*** WORD
PULL *AIM *SQUEEZE *SWEEP

WISDOM



Wisdom is avoiding major problems by solving the small problems when they arise.



Know where your fire extinguisher is and how to use it!



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CAPR 160-1 (I) IN FOCUS - HSAP

CAPR 160-1 (I) 1-3b. A Health Service Advisory Panel, consisting of the eight region health service officers and a former CAP/HS (preferably the immediate former CAP/HS) will advise the CAP/HS on policies, needs and the status of the Health Service program in their respective regions.

CAPR 160-1 IN FOCUS - CAP/SE

CAPR 160-1 2.6.1.3. CAP/SE will monitor region, wing, and unit safety programs. In coordination with the applicable wing and region commander, CAP/SE will help commanders manage their programs IAW the National Commander's intent. CAP/SE may request risk assessments, RM plans, or other safety program documents to monitor compliance with safety program requirements.

CAPR 160-2 IN FOCUS - REVIEWING OFFICERS

CAPR 160-2 7.1 Review Officer Assignment. Responsibilities for assigning review officers are as follows:

7.1.1.1 Wing. When an SSO involves members or equipment from a wing other than the one responsible for the mission, activity, accredited program, or other event, a review officer from those wings may be assigned to support review and analysis of the SSO following coordination with the applicable wing commander or their director of safety.

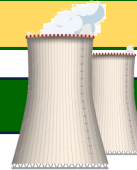
THE SAFETY DICTIONARY



Hydroplane - (of a vehicular tire or vehicle) to ride on a film of water on a wet surface with a resulting decrease in braking and steering effectiveness. Driving or landing in the rain? *Be conservative and analyze the risks.*



Safety doesn't happen by chance; it requires careful planning, preparation, and consistent adherence to safety guidelines and procedures to prevent accidents and injuries.



SAFETY IN THE MOVIES

Responsibility, containment, and control were the key watchwords in this 1979 movie about the safety requirements of a nuclear power plant. Those entrusted with an operation that has such great potential for harm must have the highest integrity and put the safety of their people and the community above all other considerations.





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PERSONAL HEALTH & SAFETY – EXERCISE

This newsletter has been promoting regular exercise as a component of personal health. Our health maintenance not only makes for a better life, but it also has the benefit of adding to your unit's readiness (for obvious reasons). However, even exercise calls for the necessity of risk analysis.

Here are some important guidelines:

- Take time to warm up and cool down.
- If you have not been exercising regularly, slowly add intensity as time goes by to allow your body to meet the new/additional demands.
- Training too hard can cause injuries. Listen to your body. Sometimes that "can do" attitude can lead to disaster.
- Do not try to exercise while sick or feeling very fatigued.
- Stay hydrated. Water is best. Be cautious of energy drinks. Along with raising your blood pressure, the government reports the following: *...energy drinks have deleterious effects on a broad spectrum of bodily organs, culminating in mild adversities such as anxiety, gastrointestinal disturbances, dehydration, nervousness, and tachycardia, along with more severe outcomes like rhabdomyolysis, acute kidney injury (AKI), ventricular fibrillation, seizures, acute mania, and stroke.*
- Some energy drinks have caused death.
- Using good form during weight lifting is essential to avoid injury.
- Watch the temperature. If outside, work out when the temperatures are cooler. When the thermometer rises above 80F, ease off. Signs of overheating can manifest as headache, dizziness, nausea, faintness, cramps, and palpitations.
- Wear the proper clothing for free movement and to prevent overheating. The proper shoes are very important.



DEDICATION & SAFETY



Dedication is committing oneself wholeheartedly to an organization or pursuit. It requires the application of strength of character, focus, and persistence until success is achieved. This dedication requires high motivation and the willingness to put in the necessary time and effort. It is exemplified in and by highly successful people.

As we have committed ourselves to Civil Air Patrol, we have also committed ourselves to safety. No safety and the organization fails. Mission completion becomes iffy, and members are injured. So let's dedicate ourselves to CAP safety and mission and the support of one another.

Sir Winston Churchill told us not to do our best, but to do what is necessary. He was successful.



Your Director of Safety receives phone calls, text messages, & emails. Contact

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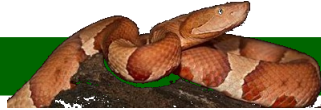
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RECOGNIZE WHEN TO KNOCK-IT-OFF

RECOGNIZE WHEN TO "KNOCK-IT-OFF"

By: Lt Col RC "Archie" DeJesus Gp5/CC

As we enter into the warmer months of spring, we start transitioning to more activities outdoors, making use of more-favorable weather. This is most applicable in our flight operations where over the last five years, Maryland Wing experienced an average increase of 40 flying hours between February and March. With this increase, we must ensure we're staying focused on risks and issues inherent with our operational rhythm.

Whether it's flying or activities on the ground, these risks and issues are nothing new. You've heard them before - fatigue, complacency, lack of planning, and many others. Being aware of these risks is important but understanding how to mitigate them is critical. Leaders at all levels must remain engaged in ensuring effective operational risk management in all facets of unit and individual activities.

Another aspect that deserves highlighting is our ability, whether we are cadets or Senior Members, to call a "knock-it-off" when necessary. As many of you know, mishaps are comprised of a "chain" of fairly innocuous events that compound into something catastrophic. Someone calling "knock-it-off" could alter the final outcome and changed things for the better. Properly utilized, risk management and a unit culture which knows when to "knock-it-off" will enhance our mission effectiveness and keep us ready for the next mission and subsequent ones that follow.

FOCUS ON OUTDOOR ACTIVITIES

Whether you are part of a ground team or participating in an outdoor activity, Spring brings forward risks of insects and rodents. Here are some tips to minimize the risks:

TICKS

- Keep lawns well-mowed.
- Ticks get Lyme disease from mice, so it's important to eliminate the mouse habitats around your yard, such as wood and rock piles.
- Wear protective clothing such as long sleeves, long pants tucked into socks, and shoes.
- Use insect repellent such as DEET on the body or Permethrin on clothes - review safety information on these products and do not use on children under 3 years old.
- Perform tick checks after coming in from outside. The risk of getting Lyme disease is greater the longer a tick is attached. Remove any ticks by grasping them with tweezers between the head of the tick and the skin, pulling firmly but gently away.



INSECTS AND SPIDERS

- To protect yourself from biting and stinging insects, wear long pants, socks, and long-sleeved shirts.
- Use insect repellents that contain DEET or Picaridin.
- Treat bites and stings with over-the-counter products that relieve pain and prevent infection.
- Although not as prevalent in Maryland, avoid fire ants; their bites are painful and cause blisters. Severe reactions to fire ant bites (chest pain, nausea, sweating, loss of breath, serious swelling or slurred speech) require immediate medical treatment.



SNAKES

- Watch where you place your hands and feet when removing debris. If possible, don't place your fingers under debris you are moving. Wear heavy gloves.
- If you see a snake, step back and allow it to proceed.
- Wear boots at least 10 inches high, when exploring the woods.
- Watch for snakes sunning on fallen trees, limbs or other debris.
- A snake's striking distance is about 1/2 the total length of the snake.
- If bitten, note the color and shape of the snake's head to help with treatment.
- Keep bite victims still and calm to slow the spread of venom in case the snake is poisonous. Seek medical attention as soon as possible. Do not cut the wound or attempt to suck out the venom. Apply first aid: lay the person down so that the bite is below the level of the heart, and cover the bite with a clean, dry dressing.

RODENTS AND WILD ANIMALS

- Dead and live animals can spread diseases such as Rat Bite Fever and Rabies.
- Avoid contact with wild or stray animals.
- Avoid contact with rats or rat-contaminated buildings. If you can't avoid contact, wear protective gloves and wash your hands regularly.
- Get rid of dead animals as soon as possible. If bitten/scratched, get medical attention immediately.



They may look cute, but...

